



Leading Edge Academy

Local Wellness Policy

- I. Nutrition Education Goal
- II. Physical Activity Goal
- III. Other School-Based Activities Designed to Promote Wellness
- IV. Nutritional Guidelines for All Foods Available on School Campus
- V. Plan for Measuring Implementation of the Local Wellness Policy

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- I. ***Nutrition Education and Promotion*** - Leading Edge Academy aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is taught across the curriculum in subjects such as math, science, language arts, social studies and elective subjects;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparations methods, and health-enhancing practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- supports a work environment where employees are encouraged to make healthy choices and provides information and educational resources concerning wellness activities.

- II. ***Physical Activity***

- **Recess** - All elementary school students will have at least 15 minutes of supervised recess three times a week, preferably outdoors, during which the school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

- **Physical Education (K-6)** - All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education daily by a physical education teacher. Students will be engaged in a moderate to vigorous activity during at least 50 percent of the physical education class time.
- **Physical Education (6-8)** - All students in grades 6-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education once for an entire school year. The course will be taught by a qualified physical education teacher. Students will be engaged in moderate to vigorous activity during at least 50 percent of physical education class time.
- **Physical Activity and Punishment** - Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- **Physical Activity Opportunities after School** - After school child care programs will provide and encourage, verbally, and through the provision of space, equipment and activities, daily periods of moderate to vigorous physical activity for all participants.

III. ***Other School-Based Activities***

Communication with Parents

Leading Edge Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:

- Post the Wellness Policy on the school website;
- Send home nutrition information and post nutrition tips on the school's website;
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the establish nutrition standards for individual foods and beverages.

Leading Edge Academy will establish and maintain a Wellness Committee. The Wellness Committee may involve the network lunch coordinator, teachers, principals, parents, students, governing board members, sport coaches and the public. Responsibilities may include, but are not limited to, the oversight and implementation of the Wellness Policy.

IV. ***Nutritional Guidelines for All Foods Served or Sold on School Campus***

School Meals

Leading Edge Academy will offer a School Lunch Program that meets the meal patterns and nutrition standards established by the U.S. Department of Agriculture.

Leading Edge Academy assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by state and federal law;
- serve only low-fat (1%) and fat-free milk.

Free and Reduced-Priced Meals

Leading Edge Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school will:

- utilize confidential identification and payment systems;
- promote the availability of meals to all students.

Meal Times and Scheduling

The school:

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Sharing of Food and Beverages

Leading Edge Academy discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside of the Reimbursable Meal

All foods and beverages available to students on school grounds during a normal school day should meet the State Nutritional Standards and regulations issued by the USDA. Food and beverages with minimal nutritional value should not be sold or served to students during the normal school day. Emphasis should be placed on foods that are nutrient dense per calorie. Consideration of food and beverages made available during a normal school day should be based on national health initiatives, nutrient contribution, variety, and appeal.

Sharing of Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Leading Edge Academy will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

V. *Plan for Measuring Implementation*

Monitoring

- The site principal will ensure compliance with this Local Wellness Policy and will report on the school's compliance to the Network.

Policy Review

- To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results will be used to identify and prioritize needs.
- Assessments will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement. The school will revise the wellness policies as needed.

Reporting

Monitoring, assessment and evaluations will be reported to the School Board of Directors on an annual basis.